



Natural Remedy for Chest Pain

Chest Pain:

- Chest pain is one of the most common complaints that will bring a patient to the emergency department. Seeking immediate care may be lifesaving, and considerable public education has been undertaken to get patients to access medical care when chest pain strikes. While the patient may be worried about a heart attack, there are many other causes of pain in the chest that the health care professional will need to consider.



Causes:

- Pain can be caused by almost every structure in the chest. Different organs can produce different types of pain but unfortunately the pain is not specific to each cause. Each of the following causes is explained in detail in this article: Broken or bruised ribs, Pleuritis or pleurisy, Pneumothorax, Shingles and Pneumonia.

Symptoms:

- A sour taste or a sensation of food re-entering your mouth
- Trouble swallowing
- Pain that gets better or worse when you change your body position
- Pain that intensifies when you breathe deeply or cough
- Tenderness when you push on your chest

Diagnosis:

- Chest pain doesn't always signal a heart attack. But that's what emergency room doctors will test for first because it's potentially the most immediate threat to your life. They may also check for life-threatening lung conditions — such as a collapsed lung or a clot in your lung.

Ingredients:

- Dates

Natural Remedies:

- Dates may help in treating or lessening the chest pain. Grind the dates and eat them daily to have healthy heart keeping chest pain at bay. Dates are one of the simple yet effective remedies for



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chest pain.

- Take the four dates and soaked in yesterday afternoon, to eat before meals in the morning to subside the chest pain.

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